

# Graceful Living September, 2008

## Note from Grace

*Fall is in the air, and with this winding down of summer, it is a beneficial time to begin thinking about moving from the light cool-producing foods towards the stronger more heat producing ones in order to keep us warm during the winter. By eating in harmony with the seasons, we can assist our cooling and heating systems in keeping us comfortable. Cooling salads and fruits have worked their summertime magic, but they need to take more of a backseat, slowly but surely, as we begin to fire up our ovens and prepare more hearty fare.*



## CUBAN BLACK BEAN SOUP

It is so easy to bring out the deliciousness in black turtle beans. A very few simple ingredients is all that's called for.

- 1) Wash and drain 3 cups beans and place them into a deep pot. Place double the amount of water as beans in the pot, cover and allow the beans to soak for about 6 hours.
- 2) Drain soaking water, add more water and a piece of kombu seaweed and simmer the beans until they are about 2/3 of the way done.

1 medium onion, chopped  
5-6 cloves garlic, minced  
2 bay leaves  
2 tsp. oregano  
1 tbsp. extra virgin olive oil  
Sea salt and pepper

- 1) In a skillet, saute the onion and garlic in the olive oil.
- 2) Add the vegetables and the seasonings to you pot of beans.
- 3) Simmer until the beans are thoroughly cooked.
- 4) Serve with a garnish of chopped onions.

## **TRANSITIONS**

*Study nature, love nature, stay close to  
nature. It will never fail you.*  
*Frank Lloyd Wright*

Spring and fall are considered transitional seasons, providing the adjustment between summer and winter. These transitional seasons allow us to gradually adjust our diets and lifestyles in order to accommodate the upcoming season.

As we move towards living in harmony with our world, one way to synchronize our lives is to consciously utilize these transitional seasons. It has been noted that by gradually amending our diets we are more easily able to discharge any excess that we have taken in during the previous season. For instance, since we notoriously eat more cooling foods in the summer such as salads, fruit and icy treats, our bodies need to throw off the energy and qualities of these extremes in order to withstand the upcoming season of winter. Likewise, we tend to eat the more warming foods such as stews, baked goods and hearty soups in the winter and the qualities from these foods must be discharged in the spring in order to withstand the heat of summer.

I've realized that this throwing-off process is often called "illness" even though it is the body's natural response to the change. This type of discharge can appear as cold or flu symptoms, loose stools, joint pain, rashes or general malaise. If these symptoms are allowed to run their course rather than ameliorated with over-the-counter drugs, though unpleasant to be sure, the end result leaves us feeling well and in sync with the natural world.

These are some general suggestions that enable us to move through these healing discharges more speedily and with greater ease. Certainly, there are more in-depth remedies but since we understand that all remedies are not for everyone due to pre-

existing conditions, genetic makeup and blood type I don't think it prudent to just suggest them here.

- 1) Drink lots of pure water. The more you flush out the toxins, the more speedy your discharge will be accomplished.
- 2) Keep your body in an alkaline state. We know that a healthy body is a slightly alkaline body and the only foods that create alkalinity are vegetables, sea vegetables, fruit and salt. I personally feel that it's best to achieve alkalinity with vegetables as they are the more balanced of all the alkalizing foods. Sea vegetables are truly wonderful, but, in this culture, they are only used in a limited manner and also have a high sodium content. Fruit is also quite wonderful, but because of its high sugar content should not, in my opinion, be relied upon to accomplish alkalinity. And even the highest quality sea salt should only be used sparingly. Fresh juices, vegetable soups, a mixture of raw and cooked vegetables should be at the forefront of your diets during these healing times.
- 3) Our bodies most effectively heal when we are at rest. Please try to take the time to acknowledge your need for rest during your discharge.
- 4) Place yourself in contact with Nature. Even if all you can do is sit outside in the fresh air, please do so. Walk barefoot in the grass in the early morning, wade in the ocean, visit a park or dig in your garden. These are just some of the ways we can give Nature the opportunity to beneficially impact our lives.
- 5) Put yourself on a diet of humor. When we laugh we strengthen our immune systems and pain is lessened.
- 6) Trust that all is well.

Though we are gloriously human, we most assuredly have these mammalian bodies that long for this type of synchronization. The human trend has been to ignore these natural functions that have separated us from our natural origins. Unfortunately, we are seeing

the results of this separation with the advent of “new and improved” diseases, chronic pain and emotional disturbances. As we become more conscious of the many natural systems found in our universe, and as we act upon our observations, we are providing ourselves with some of the tools needed to create a more healthful and harmonious society.



### *Testimonial*

*I was asked to call Grace Justiss three years ago by a friend that I have known for more than forty years; after she learned from my wife that I had been diagnosed with non – Hodgkin lymphoma. I dreaded the thought of having to subject myself to chemotherapy and the possible side effects. I wasn’t able to accept anything that had “possible side effects” and “survival rates” attached to it. I had to believe I was committing to being healed. Chemotherapy and radiation just didn’t make me believe I would be healed.*

*Grace Justiss spent hours with my family collecting information about me and my family so she could understand how I got to non –hodgkin lymphoma . She knew what questions to ask me and my family so we could provide her the information she needed to help me thru the ordeal I was facing. She provided us with a list books to read and an outline of foods that I could eat that would help my body heal itself. I believed my body would heal itself and it did. She has been here for me and my family ever since our initial meeting. She is dependable, trustworthy, professional and she cares about helping people get well and live well (without disease). She is a great person to know even if you are well. I have survived three years without chemotherapy, without radiation treatment, without cancer and **without any medication of any kind.***

*Grace I pray that the lord will continue to bless you abundantly with your mission to help and teach us to live well (without disease).*

*Thank you for your time and help.*

*Willie Jacobs*



### **Recipe of the Month**

#### **CUBAN BLACK BEAN SOUP**

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- 8) Serve with a garnish of chopped onions.



***Due to unforeseen circumstances, Graceful Living's Open House is now being scheduled for October 25, 2008 rather than on the 18th. I apologize for any confusion or inconvenience this may have created for you. Please RSVP either by email or phone at 350-1541.***

